

GENERAL GUT HEALTH PROTOCOL



Gut Health Supplements

- This is a discussion about using supplements alone
- In other words if you had to build a protocol on supplements only, what would you do
- Food protocols will be discussed in Module 4
- You can create a combination of both



General Rules for Supplements

- Only start them on one at a time
- Have them start a lower amount than the maximum amount suggested on the package and take this for 3 days and then work up to maximum dose.
- You may find with some people do better at a lower dose and the maximum is too much
- Adding another supplement can take place once you have them stable on the first
- The goal is to make sure that, should they have a reaction, you know which supplement may be the issue.

Two Scenarios

- There are two approaches to create a protocol for gut health for clients
- Each approach will have elements that are unique to the client
- However – there are two general approaches that can form the basic of the protocol
- Client Type I – this first approach is for clients who do not have extreme issues or whose gut health issues are not apparent despite having other health issues
- Client Type II – has extreme gastrointestinal issue and may have a diagnosis for a specific GIT condition

Definition of Major vs Minor

- A minor issue is something that with some intervention can generally improve or be resolved. It may also be a symptom they are not aware until they fill out the forms or they do not seem to have a symptom they should have based on their history, diet or lifestyle choices: ie mild constipation, loose stool, headaches, general aches and pains, high blood pressure
- A major issue is something that is causing the client extreme discomfort or the client has major health issues related to the GIT such as ulcer, gastritis, multiple food sensitivities, colitis, Crohn's disease, cancer (or treatment for cancer) medications that effect the GIT

Client Type I

- Based on the questionnaire – pick 3-4 symptoms that the client wants resolved (along with their health concerns)
- Decide the link to gut health

ie: If a client has headaches and they are stressed and there are signs of dysglycemia – then this client may not need a major gut health protocol but needs some type of support

ie: If the client has constipation issues, then their issue is still not “major” unless it is too debilitating – but any constipation has a gut connection

Basic Protocol

- In any protocol for the GIT you want to look at possible minor fixes first and then work up to major interventions
- To rule out simple fixes – you need to implement them
- A food journal is starting place
- Have then fill out the forms and the food journal before the first meeting
- In some cases you can meet with the client and fill out the forms together

Food Journal Name: _____ Date: _____

Food & Drink:

	Time	Here is a list of everything I ate and drank today (including tiny bites) ... *please indicate approximate amounts
Pre-breakfast		
Breakfast		
Snack (mid-morning)		
Lunch		
Snack (mid-afternoon)		
Dinner		
Snack (evening)		
Medications / Supplements / Herbs / Other		

What did you notice (physically, mentally) after eating any of the above foods?

Water Intake: ○ ○ ○ ○ ○ ○ ○ ○ cups (250 mL in one cup)

Digestion: Number of Bowel Movements: _____ Description (size, colour, undigested food, etc.): _____
Other observations (gas/bloating, burping, acid stomach, etc.): _____

Cravings for: salty sweet spicy chocolate coffee alcohol starches (breads, donuts, etc.)

Energy Level (low energy) 1 2 3 4 5 6 7 8 9 10 (high energy)

Stress Level: (low stress) 1 2 3 4 5 6 7 8 9 10 (high stress)

Mood(s) & Emotions How would you describe your mood(s) today?
Morning _____
Afternoon _____
Evening _____

Productivity: Have your health problems or digestion negatively affected:
Relationships: Coworker _____ Spouse/Partner _____ Children _____ Other _____
Ability to do non-work related activities: _____

Filling Out A Food Journal

- Do not bias the client
- Tell them you are planning to leave as much of their normal diet as possible so they need to fill it out accurately
- Do not tell them or telegraph anything you may be thinking in any way – try not to think anything
- Just let it flow as they see fit



Protocol

Start with the steps to good digestions:

1. See how they are chewing – this can include putting them through a chewing exercise
2. Check the amount of liquids with meals – easier to do if they have already filled out the food journal
3. Assess eating habits – where do they eat and under what circumstances – look for stress component
4. Assess the size of the meal or the timing of meals
5. Consider food combining or food sequencing (www.drbass.com)

Client Type I

- If steps 1-4 resolve issues – especially digestive or intestinal issues then gut health can be supported with foods
- If they won't eat the foods then a probiotic (preferably with a prebiotic) can be added – low dose (up to 10-11 billion)
- Which one? Depends on their other health concerns
- If step 5 is needed for them to see a difference, then more gut health support is needed
- Start them on probiotics and digestive enzymes
- If this gives some improvement – then leave them on this as you address their other concerns

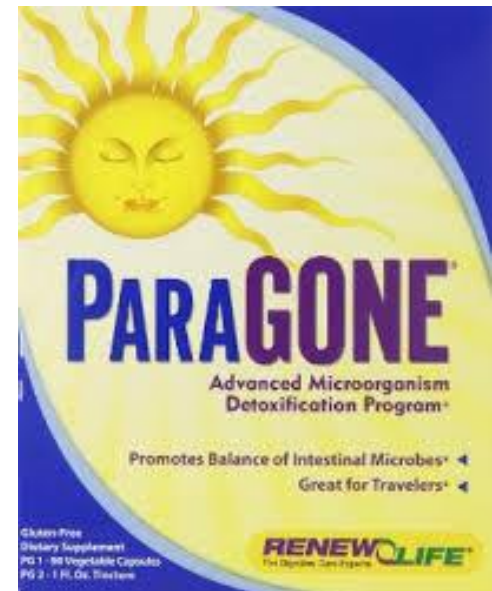
Client Type II

- If you have introduced probiotics and they are not seeing enough improvement then try a higher dose probiotics (wait until first bottle is finished)
- If this helps, after a period of time (3-6 months) see how they are without probiotics – this can take a few days to a few weeks to see how they are
- If they cannot maintain their improvement, then they need to go back on the probiotics and add a gut health repair product



Client Type I

- If the high dose probiotic is not helping enough – then they may need a candidiasis/parasite protocol
- Once the candidiasis/parasite cleanse is done, then they may need to continue on the probiotics and digestive enzymes to continue to make progress. Base the decision on symptoms and how they function
- The decision are always made in consultation with the client as they are your best source of information



Client Type II

- A client in this category has multiple or severe issues in the GIT such as very active Crohn's or colitis, gastritis or ulcer, multiple food sensitivities or allergies
- They are super reactive
- You must carefully listen to what they say bothers them
- They need major gut health work and for a long time but getting them on products that help and that they can tolerate may be difficult
- Client's with brain/nervous system issues (like autism, Alzheimer's, Parkinson's etc.

Client Type II

- Start with Steps to Good Digestion as with Client Type I
- Unlikely to see major improvement
- Any supplement used must be chosen carefully
- Discuss with clients what they have taken in the past as this may be a guide

They need to get to a place where they are on:

1. High-dose probiotic (ideally with a prebiotic if tolerated)
2. Gut health supplement
3. Multi vitamin/mineral with Bs
4. EFAs
5. Specialty nutrients for gut including anti-microbial



Client Type II

- The question is how they get there.
- In some cases, the gut lining supplement may be the first supplement recommended to soothe and reduce inflammation or perhaps a specialty nutrient
- Low dose probiotics to start unless they are already on them or have been on them – then try high dose to start.
- Do a food journal and make a decision with the clients if foods are going to be removed - an elimination diet can be considered for more information



Proper Elimination/Provocation Diet

- Most common allergens: Wheat (gluten), dairy, soy, dairy, eggs, chocolate, caffeine, citrus, tomatoes, nuts (most people know if they have a nut allergy so if not present, then it doesn't have to be eliminated on an elimination diet).
- Also, may consider removing anything eaten daily
- Remove suspect foods for 2 weeks and
- Reintroduce one at a time every 72 hours.
- Eat once and observe any symptoms that may occur in the three day period.
- Do not eat the foods again until the re-entry phases is over

Client Type II

- This client type of client may need a candidiasis/parasite protocol and maybe even a leaky gut protocol but they need to work up to this.
- By going slow and working up to this, you are making sure that you are not making them do more than they have to, in order to make it is as liveable as possible
- They will understand why as they will have worked towards the more restrictive suggestions, if needed
- Patience is essential and often you will find yourself doing extra research before you recommend things



Antimicrobials

- Client Type II will need an antimicrobial – before they do a Candidiasis protocol – as close to the beginning of the protocol as possible
- The probiotics are going to need help to establish any improvement
- Once again, reactivity is an issue so work with the client to chose the right antimicrobial

Options:

1. Aloe vera
2. Oil of oregano
3. Grapefruit seed extract
4. Colloidal Silver – make sure it is a good quality one



Client Type II

- Take time to help the client understand that the two of you are working to find a long term protocol they can live to create an environment in the body that allows the body to heal as it sees fit
- This type of client can be difficult yet provide an amazing learning opportunity
- The key is to help them keep the faith and to not give up on their body
- Psychospiritual work would be helpful

